



















# NOVEMBER 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>10:00 Exercise Video (T) 10:30 Exercise with Cindy (MH) 10:30 Errands (Trip) 1:15 Supermarket (Trip) 2:00 JCHC University - Opera &amp; Broadway Musicals (T) 3:30 Word Games (MW) 7:00 Jack McCoy's World Update (MH)</p>	<p>2</p> <p><b>ELECTION DAY</b></p> <p>10:00 Exercise Video (T) 10:00 Voting (Trip) 11:00 Advanced Computer Class 1:00 Beginner Computer Class 1:15 Livingston Shoprite (Trip) 1:45 Bingo (MW) 3:15 Discussion with Dolly (MH) 7:00 Movie (T)</p>	<p>3</p> <p>10:00 Exercise Video (T) 10:30 Exercise with Cindy (MW) 11:00 JETS (JCC) 1:15 Crosswords (MW) 2:30 Bill Levy Presents: The Signature Roles of the Stars Part I (T) 3:30 Arts Unbound (MW) 7:00 Bingo (MH) 7:00 Movie (T)</p>	<p>4</p> <p>10:00 Exercise Video (T) 10:00 Creative Arts with Kristen (MW) 10:00 Yoga with Donna Marie (CR) 10:30 Errands (Trip) 11:00 Current Events (MH) 1:15 Mall (Trip) 1:15 Adult Education: Chaim Lauer Presents: You Are What You Eat (MH) 2:30 Arts! By the People: Fine Arts Class (MW) 7:00 Movie (T)</p>	<p>5</p> <p>10:00 Exercise Video (T) 10:00 Tai Chi (MH) 10:45 Arts! By the People: Creative Writing Class (CR) 11:00 Pathmark (Trip) 1:15 Morris Plains Shoprite (Trip) 1:15 Dancing with Donna Marie (MH) 2:15 Arts! By the People: Art with Sarah (MW) 3:30 Dynamics with Dolly (MH) 7:15 Shabbat Services (C)</p> <p>Shabbat candle lighting: 5:32 P.M. </p>	<p>6</p> <p>9:30 Shabbat Services (C) 10:00 Armchair Exercise (MW) 2:00 Shabbat Study Group (C) 3:15 Rummikub (MW) 7:00 Movie (T)</p> <p>Havdalah: 6:31 P.M. </p>
	<p>7</p> <p><b>DAYLIGHT SAVINGS TIME ENDS</b> <b>GLOBAL DAY OF JEWISH LEARNING</b></p> <p>10:00 Exercise Video (T) 10:00 Tai Chi (MH) 1:15 North Jersey Tour &amp; New York Skyline with Franco (Trip) (\$12 per Person) 1:30 Bingo (MW) 3:00 Global Day of Jewish Learning at Lester: MetroWest Community - Making Menorahs (MW) 7:00 Entertainment: Music with Leonardo (MH)</p> <p>DON'T FORGET TO SET YOUR CLOCKS BACK ONE HOUR</p>	<p>8</p> <p>10:00 Exercise Video (T) 10:30 Exercise with Cindy (MH) 10:30 Errands (Trip) 11:00 Creative Arts with Kristen (MW) 1:00 JCHC University - The Art of Jewelry (MH) 1:15 Supermarket (Trip) 1:15 Sing Along with Stella (MH) 3:15 Word Games (MW) 7:00 Heller Tenants' Association Meeting (MH) 7:00 Movie</p>	<p>9</p> <p>10:00 Exercise Video (T) 10:00 Tai Chi (MH) 11:00 Trip 11:00 Advanced Computer Class 1:00 Beginner Computer Class 1:15 Livingston Shoprite (Trip) 1:45 Bingo (MW) 3:15 Discussion with Dolly (MH) 7:00 Pearl Witkin Presents: The Relevance of Abraham's Life to Ours (MH)</p>	<p>10</p> <p>10:00 Exercise Video (T) 10:30 Exercise with Cindy (MW) 11:00 JETS (JCC) 1:15 Crosswords (MW) 1:30 Bible Study (MH) 3:15 Travels with Bernie: Haiti (T) 7:00 Bingo (MH) 7:00 Movie with a Message (T)</p>	<p>11</p> <p><b>VETERANS DAY</b> </p> <p>10:00 Exercise Video (T) 10:00 Creative Arts with Kristen (MW) 10:00 Yoga with Donna Marie (CR) 10:30 Errands (Trip) 11:00 Current Events (MH) 1:15 Short Hills Mall (Trip) 1:30 Honoring Lester's Veterans (MH) 2:30 Arts! By the People: Fine Arts Class (MW) 3:15 Movie with a Message (T) 7:00 Entertainment: Anthony Tabish Performs (MH)</p>	<p>12</p> <p>10:00 Exercise Video (T) 10:00 Tai Chi (MH) 10:45 Arts! By the People: Creative Writing Class (CR) 11:00 Pathmark (Trip) 1:15 Morris Plains Shoprite (Trip) 1:15 Dancing with Donna Marie (MH) 2:15 Arts! By the People: Art with Sarah (MW) 3:30 Movie with a Message: Discussion (MH) 7:15 Shabbat Services (C)</p> <p>Shabbat candle lighting: 4:25 P.M. </p>	<p>13</p> <p>9:30 Shabbat Services (C) 10:00 Armchair Exercise (MW) 2:00 Shabbat Study Group (C) 3:15 Trivial Pursuit (MW) 7:00 Movie (T)</p> <p>Havdalah: 5:25 P.M. </p>
	<p>14</p> <p>10:00 Exercise Video (T) 1:00 Pet Therapy (LW) 2:00 Bingo (MW) 3:15 Wii Games (WG) 3:30 Arts &amp; Crafts (MW) 7:00 Movie (T)</p>	<p>15</p> <p>10:00 Exercise Video (T) 10:30 Exercise with Cindy (MW) 11:15 Errands (Trip) 12:00 Rose Rosen Memorial Concert (W.O. JCC) (Trip) 1:00 JCHC University - Keep the Past Alive for Future Generations (Towers) (Trip) 1:15 Yoga with Donna Marie (CR) 3:15 Word Games (MW) 7:00 Bill Levy Presents: Humor to Combat Stress (T)</p>	<p>16</p> <p>10:00 Exercise Video (T) 10:00 Tai Chi (MH) 11:00 Trip 11:00 Advanced Computer Class 1:00 Beginner Computer Class 1:15 Livingston Shoprite (Trip) 1:45 Bingo (MW) 3:15 Rummikub (MW) 7:00 Movie (T)</p>	<p>17</p> <p>10:00 Exercise Video (T) 10:30 Exercise with Cindy (MH) 11:00 JETS (JCC) 1:15 Crosswords (MW) 2:30 Bill Levy Presents: The Signature Roles of the Stars Part II (T) 3:30 Arts Unbound (MW) 7:00 Bingo (MH) 7:00 Movie (T)</p>	<p>18</p> <p>10:00 Exercise Video (T) 10:00 Creative Arts with Kristen (MW) 10:30 Errands (Trip) 11:00 Current Events (MH) 1:15 Mall (Trip) 1:15 Adult Education: (MH) 2:30 Arts! By the People: Fine Arts Class (MW) 7:15 In Celebration of Aging: A Lester Senior Housing Community Event (LH)</p>	<p>19</p> <p>10:00 Exercise Video (T) 10:45 Arts! By the People: Creative Writing Class (CR) 11:00 Pathmark (Trip) 1:15 Morris Plains Shoprite (Trip) 1:15 Dancing with Donna Marie (MH) 2:15 Judy Ebright Presents: Winslow Homer (T) 7:15 Shabbat Services (C)</p> <p>Shabbat candle lighting: 4:19 P.M. </p>	<p>20</p> <p>9:30 Shabbat Services (C) 10:00 Armchair Exercise (MW) 2:00 Shabbat Study Group (C) 3:15 Bananagrams (MW) 7:00 Movie (T)</p> <p>Havdalah: 5:20 P.M. </p>
							
							
							
							

# NOVEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>10:00 JVS 4th Annual Creative Maturity Expo (JCC) **</p> <p>10:00 Exercise Video (T)</p> <p>1:00 Dinner &amp; Movie (Trip)</p> <p>2:00 Bingo (MW)</p> <p>3:15 Wii Games (WG)</p> <p>3:30 Arts &amp; Crafts (MW)</p> <p>7:00 Movie (T)</p> <p>** The Creative Maturity Expo is at the Whippany JCC and will run until 4 P.M.</p>	<p>22</p> <p>10:00 Exercise Video (WG)</p> <p>10:30 Exercise with Cindy (MH)</p> <p>10:30 Errands (Trip)</p> <p>1:00 JCHC University - Preventing Falls Among Seniors (Towers) (Trip)</p> <p>1:15 Supermarket (Trip)</p> <p>1:15 Sing Along with Stella (MH)</p> <p>3:15 Word Games (MW)</p> <p>7:00 Entertainment: Val &amp; Ken Perform (MH)</p>	<p>23</p> <p>10:00 Exercise Video (T)</p> <p>10:00 Tai Chi (MH)</p> <p>11:00 Trip</p> <p>11:00 Advanced Computer Class</p> <p>1:00 Weston Birthday Party</p> <p>1:00 Beginner Computer Class</p> <p>1:15 Livingston Shoprite (Trip)</p> <p>1:45 Bingo (MW)</p> <p>3:15 Discussion with Dolly (MH)</p> <p>7:00 Movie (T)</p>	<p>24</p> <p>10:00 Exercise Video (T)</p> <p>10:30 Exercise with Cindy (MW)</p> <p>12:45 Heller Birthday Party (MH)</p> <p>1:15 Dancing with Donna Marie (MH)</p> <p>2:15 Crosswords (MW)</p> <p>3:30 Arts Unbound (MW)</p> <p>7:00 Bingo (MH)</p> <p>7:00 Movie (T)</p>	<p>25</p> <p><b>THANKSGIVING</b></p> 	<p>26</p> <p>10:00 Exercise Video (T)</p> <p>10:00 Tai Chi (MH)</p> <p>11:00 Pathmark (Trip)</p> <p>1:15 Morris Plains Shoprite (Trip)</p> <p>1:15 Yoga with Donna Marie (CR)</p> <p>3:30 Dynamics with Dolly (MH)</p> <p>7:15 Shabbat Services (C)</p> <p>Shabbat candle lighting: 4:15 P.M. </p>	<p>27</p> <p>9:30 Shabbat Services (C)</p> <p>10:00 Armchair Exercise (MW)</p> <p>2:00 Shabbat Study Group (C)</p> <p>3:15 Rummikub (MW)</p> <p>7:00 Movie (T)</p> <p>Havdalah: 5:17 P.M. </p>
<p>28</p> <p>10:00 Exercise Video (T)</p> <p>2:00 Bingo (MW)</p> <p>3:15 Wii Games (WG)</p> <p>3:30 Arts &amp; Crafts (MW)</p> <p>7:00 Entertainment:: Musical Styling's of Ron Romaine (MH)</p>	<p>29</p> <p>10:00 Exercise Video (T)</p> <p>9:30 Exercise with Cindy (MH)</p> <p>10:30 Errands (Trip)</p> <p>10:30 HouseCalls Presentation: Medicare Changes (MH)</p> <p>1:00 JCHC University - High Line of New York (B'Nai Brith) (Trip)</p> <p>1:15 Supermarket (Trip)</p> <p>1:15 Sing Along with Stella (MH)</p> <p>2:15 Word Games (MW)</p> <p>3:00 Good Reads (MH)</p> <p>7:00 Jack McCoy's World Update (MH)</p>	<p>30</p> <p>10:00 Exercise Video (T)</p> <p>10:00 Tai Chi (MH)</p> <p>11:00 Trip</p> <p>11:00 Advanced Computer Class</p> <p>1:00 Beginner Computer Class</p> <p>1:15 Livingston Shoprite (Trip)</p> <p>1:45 Bingo (MW)</p> <p>3:15 Discussion with Dolly (MH)</p> <p>7:00 Movie (T)</p>	<p><b>*** THIS CALENDAR IS SUBJECT TO CHANGE, CHECK DAILY ACTIVITY BOARD FOR ANY CHANGES</b></p>			

**LEGEND:**

- Chapel (C)
- Theater (T)
- Fitness Center (F)
- Weston Game Room (WG)
- Heller Card Room (CR)
- Weston Lobby (LW)
- Heller Lobby (LH)
- Weston Multi-Purpose Room (MW)
- Heller Multi-Purpose Room (MH)

